



Serves: 4

Cracked Wheat Khichdi

Ingredients

- Cracked wheat 120g
- Frozen Mixed Vegetables 100g
- Sunflower oil 1 tbsp
- Cumin 1 tsp
- Garlic 4 cloves
- Green chillies, chopped 1 tsp
- Salt, to taste
- Water 1½ cups
- Green coriander leaves, chopped 1 tbsp

Tips:

- Use unsaturated oils (e.g. soybean oil, corn oil, peanut oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Plant-based foods such as whole-grains (e.g. brown rice, wholemeal bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also help in blood sugar control.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Soak cracked wheat for 20 minutes in water and drain.
- Heat oil in pan, add cumin and let crackle.
- Add garlic and green chillies and sauté.
- Add vegetables and sauté for 2–3 minutes, then add cracked wheat.
- Mix well and add 350ml hot water. Season with salt and bring to a boil.
- Cover with a lid and cook over slow fire for approximately 20 minutes until water dries up and texture of cracked wheat is similar to porridge.
- Remove from pan and serve hot. Garnish with green coriander.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 163kcal
Protein 4.3g
Total fat (g and % of total calories)
4.8g (26%)
Saturated fat 0.3g
Cholesterol 0mg
Carbohydrate 26.5g
Dietary Fibre 1.2g
Sodium 162mg